



Issue 14
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www.jarrowschool.com
0191 4283200

Safeguarding and Child Protection at Jarrows School

Parental Newsletter

Designated Safeguarding Leads

Designated Teacher for Safeguarding and Cared for Children:

Mr A McConway
amconway@jarrowschool.com

Student Safeguarding Support Manager:

Mrs K Mather
kmather@jarrowschool.com

Safeguarding Assistant:

Mrs M Frame
mframe@jarrowschool.com

Email general safeguarding inquiries to the Safeguarding Team at:
Safeguarding@Jarrowschool.com

Link Governor for Safeguarding and Cared for Children
Mr M Adamson

Other Important People

Head Teacher
Mr P Atkinson

Head of Year 7
Mr N Whitley

Head of Year 8
Mr M Connolly

Head of Year 9
Miss C Coutts

Head of Year 10
Mrs A Elgood

Head of Year 11
Mr M Andrews

Pastoral Leader
Mrs D Lawson

Attendance Lead
Mrs G Mordue

Support Staff
Mrs S Scott
Mr M Armstrong
Miss A Ray
Miss R O'Brien
Miss J Linley

School Nursing Service
0191 2832189

Safeguarding and promoting the welfare of children

Safeguarding and promoting the welfare of children means:

- Providing help and support to meet the needs of children as soon as problems emerge.
- Protecting children from maltreatment, whether that is within or outside the home, including online.
- Preventing impairment of children's mental and physical health or development.
- Ensuring that children grow up in circumstances consistent with the provision of safe and effective care.
- Acting to enable all children to have the best outcomes.

Supporting our Families through Early Help

Our DSL's can support the whole family, not just students within our school. We usually use something called an Early Help Plan to fully understand the strengths within your family and what areas you would like help with.

An Early Help Plan is consent-based and will be led by the wants and needs of the family. We will work in partnership with parents/carers to make positive changes and improve outcomes for all family members.

Depending on how you would like us to help you, we can link in with various 'experts' to work with certain individuals within the family, or the family as a whole.

The process:

- One of our DSL's would meet with parents/carers to complete an Early Help Assessment. This would help us to understand what is important to you, as a family, what is working well, and which areas you may like support with.
- In partnership with parents/carers, we would agree a support plan, which may include making referrals to other support agencies, changes within school, advice and support or signposting.
- That DSL will remain your link throughout the duration of the plan.
- Parents/carers and all professionals involved in supporting the family would meet every 4-6 weeks to review progress. This allows an opportunity for us all to discuss the positives and also ensures that your family is receiving the support that has been agreed.
- When the family feels that the necessary support is in place and things are improving, the plan will be ended. The DSL in school can continue to be your link for any further support needs or advice.

We can be flexible in fitting around your work commitments or where the assessment or meetings take place. For instance, if there are implications on child care or you just don't feel comfortable coming into school, we can come to you at home or meet somewhere in the community such as a children's centre or a café.

Your information would be confidential and not shared with anyone else in school, without your consent.

Referrals to other support services would also be consent-based, unless a child was deemed at risk of harm or had experienced harm.

If you would like support or to find out more, please contact Mrs Mather on 0191 4283200 or email kmather@jarrowschool.com

Supporting children who are anxious about the war in the Middle East

Many children will be aware of the distressing news of the escalating conflict in the Middle East. For some, this may feel especially close to home if they have family members in affected areas or connections through wider communities. For others, it is a crisis that creates a feeling of uncertainty and instability.

Supporting children worried about war involves creating a safe space for open dialogue, validating their fears, and providing age-appropriate facts to reduce anxiety. Limit their exposure to news, focus on positive stories of help and compassion, and maintain normal routines to provide stability. Reassure them of their safety.

Here is some guidance from Save the Children UK which may help:

Create a safe space to talk

- **Listen more than you speak:** Ask open-ended questions like 'What have you heard about this?' or 'How does it make you feel?'
- **Validate their feelings:** Acknowledge their fear or confusion as normal rather than dismissing it.
- **Encourage expression:** Allow them to process emotions through drawing, writing, or playing if talking is too difficult.

Provide honest, age-appropriate facts

- **Tailor the message:** Younger children need simple, reassuring information, while older children may handle more details
- **Explain the location:** Use a map to show how far away the conflict is to provide perspective on their immediate safety.
- **Avoid false promises:** Do not promise a world without conflict, but promise that they will not face their fears alone.

Manage media exposure and information

- **Limit exposure:** Keep TVs and radios off, or avoid news-heavy channels, as constant coverage increases anxiety.
- **Check online content:** Warn children that social media can show exaggerated or false stories.
- **Use reliable, child-friendly news:** Sources like Newsround or First News provide appropriate updates.

Reassure and empower

- **Highlight the helpers:** Focus on aid workers, doctors and communities supporting those affected
- **Take action:** Encourage them to participate in small, positive actions like fundraising, writing letters or creating art for peace.
- **Maintain routines:** School and daily routines provide a sense of security during uncertain times.

Look for signs of anxiety

- Be aware of changes in behaviour, such as withdrawal, increased fear, or clinginess
- Seek help if the anxiety persists. Resources include Childline (0800 1111) or YoungMinds

Manage your own emotions

- Children are sensitive to adult anxiety. Take steps to manage your own stress so you can remain a calm, steady presence for them.

Further **advice** can also be found on the BBC Children in Need website:

- ◆ www.bbcchildreninneed.co.uk

Further **support** is available at:

- ◆ Shout Service: text Shout to 85258 or visit www.giveusashout.org
- ◆ Samaritans: call 116 123 or visit www.samaritans.org
- ◆ Childline: call 0800 1111 or visit www.childline.org.uk
- ◆ Young Minds: visit www.youngminds.org.uk
- ◆ South Tyneside Healthy Minds Team: call 0191 2832936
- ◆ Escape Interventions Counselling: call 4276353
- ◆ If it is a *crisis*, call the NHS on 111 and select option 2

Alternatively, you can always speak with a DSL in school who will be happy to help.



Useful Acronyms & Vocabulary

DSL: Designated Safeguarding Lead

SPOC: single Point of Contact (PREVENT) responsible for preventing children being impacted by extremism.

Sexual Violence:

incidents such as rape, assault by penetration and sexual assaults.

Sexual Harassment:

sexual comments, remarks, jokes and online sexual harassment, which may be stand-alone or part of a broader pattern of abuse.

Sexting: also known as 'youth produced sexual imagery'

Sexual abuse: being persuaded or forced into undesired sexual activity

Misogyny: feelings of hating women or the belief that men are better than women

Who's who at Jarrow School

Mr McConway

Designated Teacher for Safeguarding and Cared for Children

Mrs Mather

DSL, SPOC and Senior Mental Health Lead

Mrs Frame

Deputy DSL

Mr M Adamson

Link Governor for safeguarding and cared for children

Protecting Children from Far-right Extremism

Protecting children from far-right extremism involves open communication, monitoring online activity, and fostering critical thinking to build resilience against radicalisation.

'Educate Against Hate' have provided the below advice to parents to help with **key prevention and protection strategies**:

- **Open dialogue:** talk regularly about online experiences and views, allowing children to express themselves without interruption
- **Online safety:** use parental controls, monitor gaming and social media platforms and ask children to share their favourite websites.
- **Identify vulnerabilities:** be aware that recruiters often target children seeking belonging, identity, or those experiencing personal issues.
- **Countering narratives:** challenge extremist views with facts and encourage critical thinking regarding, for example, misogynistic or racist ideologies.

Signs of potential radicalisation include:

- Adopting new, discriminatory or hateful language
- Sudden isolation from family or friends, or joining new, secretive groups
- Increased time online, particularly on gaming platforms (e.g. Discord, Roblox) or specific social media sites.
- Expressing feelings of injustice, oppression, or a desire for revenge

Actionable steps for parents:

- **Seek advice:** discuss concerns with a DSL in school
- **Use official resources:** Access the Educate Against Hate Parent's Booklet for direct advice.
- **Reporting:** if you fear your child is in immediate danger or being drawn into terrorism, report it to the Police.

If you are worried, it is always better to act early. Concerns can be shared without involving the Police initially, focussing on support.

Radicalisation is...
"the term commonly used to describe the processes by which a person adopts extremist views or practices to the point of legitimising the use of vio-

Terrorism is...
"an action or threat designed to influence the government or intimidate the public. Its purpose is to advance a political, religious or ideological cause."

- Fundamental British Values include...**
- Democracy
 - The Rule of Law
 - Individual Liberty
 - Respect and Tolerance for Different Faiths and Beliefs

Form of Extremism	Definition	Examples of Attacks
Extreme Right-Wing	Covers sub-ideologies, including Cultural Nationalism, White Nationalism and White Supremacism. These themselves span a range of extreme beliefs such as antisemitism, anti-Islam, neo-Nazi, ethno nationalism or anti-establishment.	2017 Finsbury Park Attack 2016 Murder of Jo Cox MP 2011 Norway Attacks in Oslo 2019 Christchurch Mosque Shooting in New Zealand
Islamist Extremism	Islamist extremist inspired acts of terrorism are perpetrated or inspired by politico-religiously motivated groups or individuals who support and use violence as a means to establish their interpretation of an Islamic society.	2001 9/11 Plane Attacks 2005 London Transport Bombings 2017 Manchester Arena Attack 2019 Sri Lanka Easter Bombing
Left-Wing, Anarchist and Single Issue (LASI) Extremism	Extreme Left-Wing: extremists who believe in using violence and serious criminality to abolish existing systems of government and replacing them with anarchist, socialist or communist systems.	
	Anarchist Extremism: extremists who believe in using violence to replace current systems of Government and law enforcement with a system that prioritises complete liberty and individual freedom.	
	Single-Issue Extremism: extremists who endorse violence and serious criminality focused on a specific topic, such as animal rights.	
Mixed, Unstable, and Unclear (MUU) Ideologies	Mixed: ideology presented involves a combination of elements from multiple forms of extremist ideologies.	
	Unstable: shifts between different ideologies.	
	Unclear: individual does not present a coherent ideology yet may still be vulnerable to being drawn into terrorism.	
Incel and Extreme Misogyny	Incel is the term adopted by a world-wide online community to describe a group of involuntarily celibate men. It is a form of extreme misogyny but followers of this ideology also target attractive or sexually active men as well as women.	

Extremism is...
"the vocal or active opposition to our fundamental values, including democracy, the rule of law, individual liberty, and respect and tolerance for different

Abuse in intimate personal relationships between children



What is it?

Controlling, coercive or threatening behaviour within children's intimate relationships. It could be physical, sexual, psychological/emotional or financial. It's a type of child-on-child abuse, sometimes known as 'teenage relationship abuse'.

How common is it?

Probably more common than you think. 40% of teenagers may experience abusive behaviour in their dating relationships, according to several studies.

Why do I need to be concerned?

Being in an abusive relationship can have serious effects on mental health. Just because it's a relationship between children doesn't mean we should take it less seriously.

Children and young people's lack of experience in relationships and sometimes their lack of a modelled healthy relationship at home, can make them more vulnerable because they often don't know what's normal and healthy. They're also more susceptible to gender-role stereotypes, like men being more dominating. Usually, children and young people keep incidents within their peer group, talking to friends rather than adults. Many see violence in their relationship as normal.

Who's more at risk of becoming a victim or perpetrator of abuse?

Victims might:	Perpetrators might:
<ul style="list-style-type: none"> Have previous experience of parental domestic abuse or being abused Be part of violent peer groups or gangs Be in same-sex relationships, as they might be less willing to tell people about the relationship Have special educational needs and/or disabilities Have older partners Girls are more likely to be victims than boys 	<ul style="list-style-type: none"> Have previous experience of parental domestic abuse or being abused Follow misogynistic or violent online role models Have lived in a household where violence is normalised Drink alcohol or use drugs Be part of violent peer groups or gangs

What should I look for?

Victims might:	Perpetrators might:
<ul style="list-style-type: none"> Have unexplained injuries Have reduced attendance and do less well at school Show changes in mood or personality, giving up things that are important to them Show signs of depression, post-traumatic stress disorder, eating disorders, self-harming or hypervigilance Become isolated from family and friends Seem desperate to use their phone Apologise for their partner's behaviour Show overt sexual behaviour, language or attitudes 	<ul style="list-style-type: none"> Lose their temper, break or hit things Monitor partners' activities through their phone, computer or social media Boast about tracking their partner or demanding to know who they are with and where they have been Argue or fight with other people Show extreme jealousy and insecurity Call their partner names or put them down in front of other people

Potential signs that a child is a victim or perpetrator of abuse in an intimate personal relationship are:

What should I do?

- ⇒ Open up lines of communication with your child
- ⇒ Model healthy relationships
- ⇒ Monitor use of technology and social media
- ⇒ Speak to a DSL in school
- ⇒ If you think your child is in immediate danger, contact the Police on 999
- ⇒ Specialist support is available and parents can self refer to SURT (07565538165), Restart (07977 595 910) or Impact (0191 4567577).

Local and Topical Safeguarding Notices

CAUTION! CAUTION! CAUTION!

The government is currently considering whether or not to ban social media for under-16s.

Ofcom is currently investigating X under the Online Safety Act 2023, following reports that its AI tool 'Grok' is being used to create sexualised images of children.

The Department for Education (DfE) published a new edition of its statutory guidance Working together to safeguard children in March 2026.¹ This 2026 edition replaces Working together to safeguard children 2023. The guidance outlines what organisations and agencies must and should do to help, protect and promote the welfare of all babies, children and young people under the age of 18 in England.

This briefing outlines the main changes in the 2026 edition, including updates around:

- identifying, understanding and challenging racism and discrimination
- recognising the specific needs and experiences of babies
- understanding the impact of domestic abuse on children and families
- consideration of children experiencing simultaneous harms or multiple harms
- strengthened inclusion of children in care
- the link between online harm and harm experienced in person





Safeguarding Directory

Families need support from time to time. In addition to reaching out to school, we are lucky enough to have several support agencies within South Tyneside, who work in collaboration with families, to make life a little easier. Please refer to the below agencies and contact details.

Agency	Nature of support	Telephone
Bright Futures	Children at med/high risk of CSE	0191 4551196
CYPS	Tier 3 mental health support for children and young people	0191 5665500
Escape Intervention	Counselling Service and therapeutic group activities	0191 4276353
Healthy Minds Team	Short term school based mental health support for children	0191 2832936
Hebburn Helps	Food Bank	0191 4899707
Way Through	LGBTQ+ support for young people	0191 4661389
ICTS Team	Children's mental health crisis service	0191 5665500
Impact Family Services	Domestic abuse counselling for adults and children	0191 456 7577
South Tyneside Multi-Agency Safeguarding Hub (MASH)	Children's Services referrals	0191 4245010 Out of hours: 0191 4562093
	Adults Let's Talk Team	0191 4246000
The Key Community	Family Mediation and children at risk of homelessness or family intervention	0191 4969710
Lifecycle	Tie 2 mental health support for children and adults	0191 2832937
Matrix	Children's substance misuse support service	0191 4975637
Men's Aid	Support for male victims of domestic abuse	0191 2239986
Police	Non-emergency calls Anti-terror HOTLINE	01661 872555 0800 789321
Restart	Integrated Domestic Abuse Service—for adults and children	0191 424 4399 07977 595 910
School Nursing Service	5-16 health advice	0191 2832189
STDAPP	Support for male perpetrators of domestic abuse	0191 4545335
SURT	Support for child victims of domestic abuse or CSE	07565538165 – Domestic abuse 07907560522 – CSE
Toby Henderson Trust	Autism support pre/post diagnosis	0191 8160550 autismhub@ttht.co.uk
WHIST	Support for vulnerable women	0191 4546959
Young Carers Service	Support for young carers	0191 4543346